

JUSTICE

DAREBEE WORKOUT

SERVED

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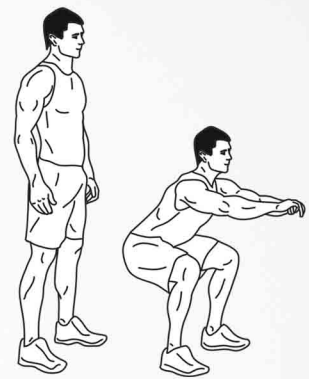
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



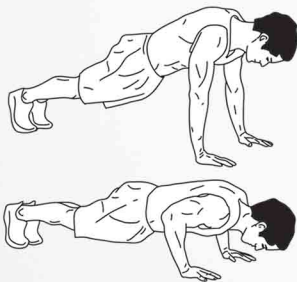
20 high knees



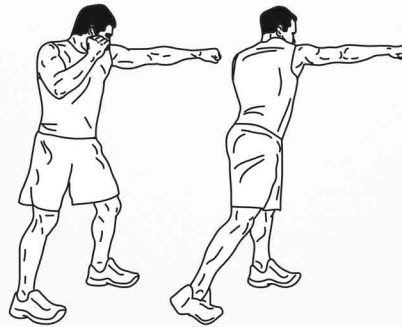
10 fly steps



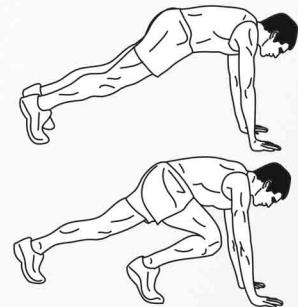
20 squats



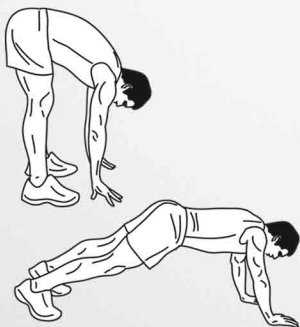
10 push-ups



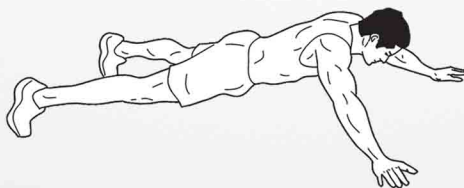
20 jab + jab + cross



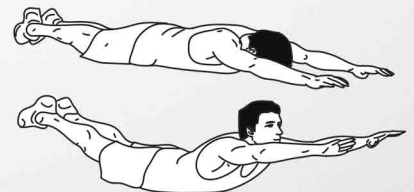
10 slow climbers



10 plank walk-outs



10-count star plank



10 superman stretches